

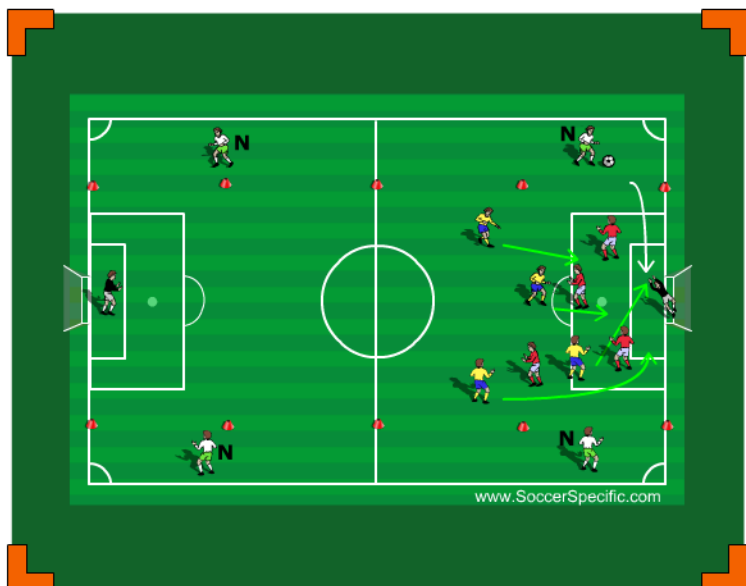
ACTIVITY #1

Set up: Crossing and finishing pattern play

Instructions: The ball starts with #2, #1 checks back to #2 as soon as #2 plays the ball to #1, #2 will automatically start to overlap #3. At the same time, #3 is going to step towards #1 for a layoff. As soon as #1 lays off the ball to #3, #1 is going to spin opposite of the side he/she checked to and make their run near or far post depending on whether #2 got in first or second. Whoever gets around the blue cone first should go near post. Then #3 is going to play a first time ball to #4 who arced their run to get wide. After #3 plays to #4, #3 is going to run to the penalty spot and #4 should try and deliver a first time ball. If the ball starts with #3 everything is reversed.

Coaching Points:

- Quality of the first pass, layoff and final pass
- Quality of the service
- Timing of the runs



ACTIVITY #2

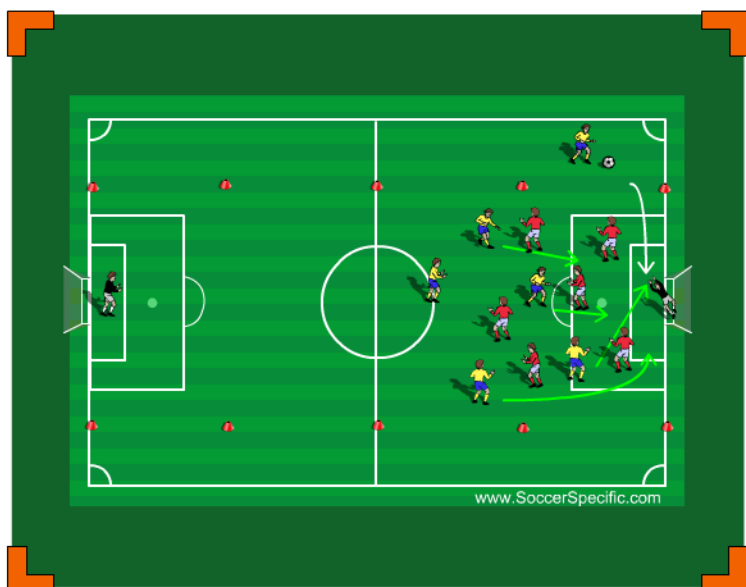
Set up: 4v4+4N in the channels to goal

Area 70x55

Instructions: Play 4v4 to goal with 4 Neutral players in the channels. Ball must be played to a (N) before you can go to goal. You get 1pt, for a regular goal, 2pts for a ball scored on a cross in the air within 2 touches and 3pts for a ball played on the ground hit first time or header.

Coaching Points:

- Crossers determine the appropriate service
- Watch the flight of the ball
- Get body in line with the flight of the ball
- Decide quickly which surface to use
- Timing of the runs
- Timing of the service
- Recycle your runs



ACTIVITY #3

Set up: 6v6 with channels to goal

Area 70x55

Instructions: Play 6v6 to goal with channels. Only the attacking team can go in the channels. Ball must be played wide in the channel before you can go to goal. You get 1pt, for a regular goal, 2pts for a ball scored on a cross in the air within 2 touches and 3pts for a ball played on the ground hit first time or header. Variation after a player's 2nd touch, the defending team can go into the channel to defend. If the ball comes out it re-sets the 2-touches.

Coaching Points:

- Crossers determine the appropriate service
- Watch the flight of the ball
- Get body in line with the flight of the ball
- Decide quickly which surface to use
- Timing of the runs
- Timing of the service
- Recycle your runs